

The Portland Resource

Aging and Disability
Resource Center of
Fond du Lac County

**SPRING
2017**



Happy Early Spring! In this edition, you will find helpful information for the months of March, April, and May.

You can get a copy of The Portland Resource by

- Requesting your name be added to the mailing list (either by email or mail) by calling (920) 929-3466 or emailing adrc@fdlco.wi.gov
- Picking up a copy at the Fond du Lac Senior Center, Ripon Senior Center & Library, Senior Services (city/county building) or at the ADRC.
- Going to the ADRC website

Any feedback or questions, please contact Jackie at (920) 929-7506.



Contact Us

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The Aging & Disability
Resource Center of
Fond du Lac County is
located at

**50 N. Portland
Street
Fond du Lac, WI
54935**

Office Hours:
Monday-Friday
8:00 am- 4:30 pm
(920) 929-3466
www.fdlco.wi.gov/adrc

**Walk-Ins
Welcome!**

PLANNING WILL HELP YOU SEE GREEN IN RETIREMENT

By Rhonda Whitenack and Jim Czechowicz---Social Security public affairs office in Bloomington and St Paul

Social Security has been a cornerstone of financial security for over 80 years. As you might already know, a lifetime of measured discipline can ensure a comfortable retirement. Social Security can help you plan, save, and see plenty of green in your golden years.

Social Security is part of the retirement plan of almost every American worker. If you're among the 96 percent of workers in the United States covered under Social Security, it is helpful to know what benefits you are entitled to. Social Security bases your benefit payment on how much you earned during your working career. Higher lifetime earnings result in higher benefits. If there were some years you didn't work or had low earnings, your benefit amount may be lower than if you worked steadily. How do you know what your retirement benefits might be so you can plan? Create a safe and secure *my Social Security* account to view estimates of your future retirement, disability, and survivors benefits. Visit www.socialsecurity.gov/myaccount and create your account today.

Social Security benefits help secure your today and tomorrow, but many people will need more retirement income. Saving for retirement is key. You might also have a pension or 401k. Combining as many savings resources will mean more income once you retire.

Your personal *my Social Security* account continues to benefit you once you file for benefits and beyond. Use your account to check the status of your application and, once you are receiving benefits, use your account to manage them. For example, you can start or change your direct deposit, change your address and phone number, get proof of benefits, and much more—online and at your convenience. Learn about all the great advantages of having your own *my Social Security* account at www.socialsecurity.gov/myaccount.

Social Security puts you in control. Visit www.socialsecurity.gov regularly to access the ever-evolving tools and information we provide.

****Information from March 2017 Social Security Information Package****

SAVE THE DATE!

Please join us for our 2nd Annual Guardianship Training!

Are you currently a Guardian? Do you work with individuals who are under Guardianship? Or are you an Attorney who may be hired to assist with Guardianship proceedings?

Then this **FREE** training is for you!

- When: May 18, 2017 from 8:30 am to 4:00 pm
- Where: Fond du Lac City/County Government Center
Legislative Chambers--160 S Macy Street Fond du Lac WI 54935
- Cost: Free

Presenters Include:

- Dr. Diane Mosnik
- State of Wisconsin Ombudsman- Kim Marheine
- Attorney Michael Gibbs -Practicing in Fond du Lac County
- Greater Wisconsin Agency on Aging Resources (GWAAR) Kate Schilling
- Wisconsin WINGS group
 - Dr. James Deming (Mayo Clinic), Attorney Mitch Hagopian (Disability Rights Wisconsin), and Judge Bissonnette
- Medical Assistance- Fond du Lac County Economic Support Unit
- Community Care Inc.- Holly Onsager

****CLE credits may be available for attorneys that attend****

**Lunch will be available for purchase with net proceeds benefiting
Dementia Friendly Fond du Lac County**

Any questions please contact the Probate office at 920-929-3084

ADRC of Fond du Lac County (920) 929-3466 50 N. Portland St. Fond du Lac, WI



Guardianship



"A guardian for an adult is a person or agency appointed by a court to act for an adult who has been found to have a functional impairment in decision making or communication that meets the legal standard for finding of incompetence." -Department of Health Services

Types of Guardians:

- *Guardian of person
- *Guardian of Estate
- *Temporary Guardian
- *Standby Guardian
- *Successor Guardian

Negative Consequences of Guardianship:

- *Guardian's overuse of power
- *Loss of decision making
- *Feeling of being labeled as a second class citizen
- *Fail to look at other forms of support
- *Loss of dignity and respect by others
- *Focus on incapacity rather than strengths
- *Fail to consider benefits of risk-taking
- *Greater risk of abuse and exploitation
- *People can "learn" incapacity

Guardianship is NEVER needed JUST...

- "Because you have an IQ of ____"
- "Because you're sick"
- "Because you need help"
- "Because that's the way its always been"
- "For your own good"
- "Because you have a disability"

How do you make decisions?

- | | |
|---------------|-----------|
| Medical care | Education |
| Where to live | Insurance |
| Employment | Finances |

***It is estimated that the number of adults under guardianship has tripled since 1995! -Reynolds, 2002; Schmidt, 1995, Ueki & Van Duizend, 2011

Rights Lost under Guardianship

- *Right to vote
- *Right to execute a will
- *Right to serve on a jury
- *Right to consent to marriage
- *Right to apply for a license
- *Right to consent to sterilization
- *Right to consent to organ donation

People with Intellectual and Developmental Disabilities who do NOT have a guardian are more likely to:

- *Have a paid Job
 - *Live Independently
 - *Have Friends other than staff or family
 - *Go on dates and socialize in the community
 - *Practice the religion of their choice
- National Core Indicators 2013-2014

Guardianship MAY be needed

*In emergency situations when:

The person is incapacitated and can't give consent; the person did not previously identify how decisions should be made in that situation; there is no one else available in a person's life to provide consent through an advance directive

*To support people:

Who face critical decisions and have no interest or ability to make decisions; who need immediate protection from exploitation or abuse



alzheimer's association®

Memory Cafés provide opportunities for persons diagnosed with MCI, early to moderate Alzheimer's disease or other types of dementia, their care partner(s) and/or family to engage with peers in a relaxed, unstructured environment. It's a time and place to share stories, laugh, cry, share concerns and celebrate without feeling embarrassed or misunderstood in an atmosphere that promotes social engagement and support through interaction with others experiencing similar lifestyle changes.

COME JOIN US!

January 26, 2017

Creating Moments of Joy. Finding joy in the moment is the message of Jolene Brackey's work. "It's impossible to create a perfectly wonderful day, but you sure can create perfectly wonderful moments," says Jolene. Let's share and create fun, simple ways to bring joy and hope into each day. The list is endless.

February 23, 2017

Anniversaries. Birthdays & Celebrations. Celebration Time. No matter what the occasion join us to celebrate our years, our gifts, one another and our shared journey. Why wait for one special day? There are plenty to wild, wonderful and whacky days spread throughout the year.

March 23, 2017

su·per·ca·li·fra·gil·is·tic·ex·pi·a·li·do·cious
Remember Fred Astaire singing, "You like potatoes, I like potatoes. You like tomatoes, I like tomatoes?" If you love to play with words, let's brain storm together by mixing and matching, making up our own and challenging ourselves using words and word games.

April 27, 2017

Games. Puzzles & Trivia. We've learned that regular cognitive activity can lead to improvements in everyday mental abilities. The resources are endless. Let's play a few, and take away many.

May 25, 2017

Birds & Bugs. Bees & Butterflies. How about a little Ornithology, Entomology, Apiology, or Lepidoptera to lighten our spring Memory Café. No worries, there is nothing scientific about it. Just an enjoyable time to delight in the sights and sounds of what Mother Nature has to offer.

June 22, 2017

Tapping into our Senses through Creative Engagement. Creative engagement comes in many shapes, forms, mediums and methods. What is it about the sound of music, the smell of cinnamon, the sight of grandchildren, the touch of a hand that triggers thoughts hidden away. Let's use our senses to unlock those earlier days.

4TH THURSDAY OF EACH MONTH | 1:00 – 2:30 P.M.
FOND DU LAC PUBLIC LIBRARY – Lower Level | 32 Sheboygan Street
Contact: Mary Patricia Voell | 414.779.8484

CAFÉ PARTNERS - Fond du Lac Public Library,
Legacies: Personal, Family & Organizational Historians

www.alz.org/sewi

24/7 Helpline 800.272.3900

Hablamos Español 414.431.8811

Alzheimer's Association Services at Fond du Lac County ADRC...

What is a Care Consultation?

The Alzheimer's Association exists in part to provide support and resources to persons that are living with some type of dementia and their family members. Our professional staff is dedicated to helping people navigate through the difficult decisions and uncertainties people with Alzheimer's or related dementias, and their families face at every stage of the disease through our Care Consultation services. Care Consultations are available at no cost to the family, and are private meetings designed to assist the person with the disease and/or their families in planning for and dealing with all aspects of the illness.

During a private Care Consultation ask questions about:

- concerns regarding memory loss
- assessment, diagnosis, and treatment
- communication techniques
- coping with cognitive and behavioral changes
- planning for future care needs
- strategies for dealing with family conflicts

Ginny Nyhuis, Regional Services Manager for the Alzheimer's Association, is available at the Aging and Disability Resource Center by appointment for Care Consultations.

When:

1st Wednesday of each month
10:00-11:00 a.m. and 11:30 a.m.-12:30 p.m.

Where:

Aging and Disability Resource Center
50 N. Portland Street
Fond du Lac, WI 54935

Upcoming 2017 Dates:

March 1	April 5	May 3	June**	July 5
August 2	Sept. 6	Oct. 4	Nov. 1	Dec. 6

**No hours in June

Services are provided at NO COST to consumers.

Care Consultation times outside of these hours are also available by appointment. To schedule a Care Consultation contact Ginny at 800.272.3900 or 920.838.1311, or via email at gnyhuis@alz.org.

ADRC of Fond du Lac County (920) 929-3466 50 N. Portland St. Fond du Lac, WI

fond du lac county caregiver conference

the more you know:
a day of education and
support for those who care

family caregivers
welcomed



professional caregivers
welcomed

SAVE THE DATE

2017 Caregiver Conference

TUESDAY SEPTEMBER 26th, 2017

Holiday Inn Conference Center, Fond du Lac

alzheimer's  association®



Dementia Care Network
of Fond du Lac County



Spring Word Scramble

WBNAIOR	_____
BLLAMURE	_____
WFLORE	_____
PLITU	_____
NERGE	_____
MLOBO	_____
PLRIA	_____
LFBTUTREY	_____
NIAR	_____
DREGNA	_____
EBE	_____
YMA	_____
GNRIPS	_____
HSSNIEUN	_____
YBNUN	_____
CAMHR	_____
EDES	_____



Word Bank for Spring Word
Scramble:

APRIL | BEE | BLOOM | BUNNY
BUTTERFLY | FLOWER | GARDEN
GREEN | MARCH | MAY | RAIN | RAINBOW
SEED | SPRING | SUNSHINE | TULIP
UMBRELLA

Source: <http://familycentsability.com/blog/spring-word-scramble-for-kids-free-printable/>

ADRC of Fond du Lac County (920) 929-3466 50 N. Portland St. Fond du Lac, WI



Introductory education program

For family members caring for
persons with dementia

Effective Communication Strategies and Dementia

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

Location:

Aging and Disability Resource Center
50 N. Portland Street
Lower Level Conference Room A
Fond du Lac, WI 54935

Presented by:

Ginny Nyhuis
Regional Services Manager
Alzheimer's Association

Date and Time:

Wednesday
March 22, 2017
2:00-4:00 PM

Registration:

Contact: Deborah Klement
800.272.3900
dklement@alz.org

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Southeastern Wisconsin Chapter
620 S. 76th Street, Suite 160
Milwaukee, WI 53214

414.479.8800 | Phone
800.272.3900 | 24/7 Helpline
www.alz.org/sewi
Hablamos Español, 414.431.8811





Introductory education program
For family members caring for
persons with dementia

Understanding and Responding to Dementia-Related Behavior

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease and other forms of dementia.

Location:

Aging and Disability Resource Center
50 N. Portland Street
Lower Level, Conference Room A
Fond du Lac, WI 54935

Presented by:

Ginny Nyhuis
Regional Services Manager
Alzheimer's Association

Date and Time:

Tuesday
April 11, 2017
2:00-4:00 PM

Registration:

Registration is required.
Contact Deborah Klement
800.272.3900
dklement@alz.org

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50 North Portland Street
Fond du Lac WI 54935

If your organization is interested in submitting an article to the newsletter, please contact Jaclyn Jaeckels at 920-929-7506, TTY: Use Relay (711), or email adrc@fdlco.wi.gov.

**If you would like to request to be on the mailing list
for our newsletter please call
(920) 929-3466, TTY: Use Relay, or email
adrc@fdlco.wi.gov.**

**Please watch for our Summer edition of
The Portland Resource in June 2017!!**